




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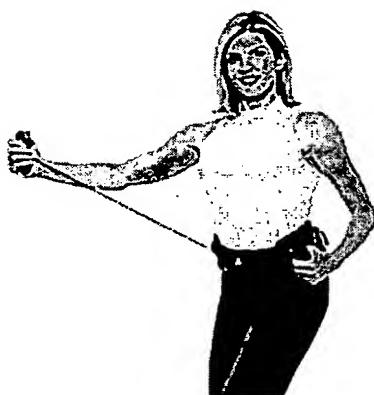
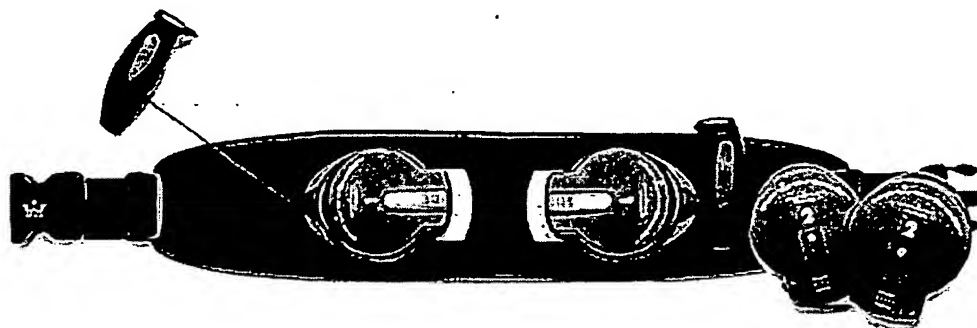
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# PowerBelt



The portable fitness machine you wear around your waist. Just grip the lightweight handles and go. It increases the rate at which your entire body burns calories by 48%, while effectively isolating the upper body's major muscle groups.

For anyone who doesn't have time to do both a cardiovascular workout and strength training, there's no more excuses.

PowerBelt is a new exercise device that latches onto your waist like a belt. Grab the two handles at your sides and pull the cords. Spring-action disks offer

resistance along the way. It adds control to the upper body while doing aerobics, and it adds flexibility.

While aerobics work the lower body, PowerBelt strengthens the shoulders and back. The pulley system offers resistance throughout the range of motion. This keeps you more aware of your body as you feel the pulling.

Automatically, you keep your body lifted to use your arms effectively. By making you more aware of your body, you maintain good posture and form. The pulleys retract so you can stop using it without taking it off.

**48%**



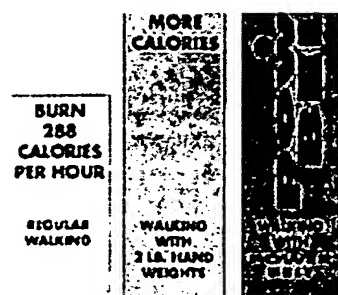
27%

You can use the PowerBelt for all exercises that primarily use the lower muscle groups - walking, running, climbing, aerobics, even the new



I also recently discovered

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crosstrainers! You can even choose not to use it if you get tired.

University of Wisconsin research showed that walking with the PowerBelt Exercise System at the easiest resistance can burn 48%

more calories than regular walking. **That's like increasing the effectiveness of your workout by nearly 50%!**

PowerBelt PowerPaks increase the resistance for more advanced users, or for anyone with above average upper body strength. Videos 1 & 2 are also more advanced workouts, and the PowerBelt Bag will keep it all together while you're travelling.

If you want to work your upper body, the PowerBelt is the answer!. Includes video. Fits waist sizes up to 48"

I also recently discovered the Power Belt, one of the only effective walking-related exercise tools I've found. It's essentially a belt with handles that are attached to retractable cords, which you can set to different resistance levels. It doesn't disrupt my walking stride at all, and I get a great upper-body workout while I walk.

## Julie's Trainer's Pick

### PowerBelt System #TAB4...\$45.99

Includes:

- PowerBelt Base System
- PowerPak Levels 1 and 2 (sets of 2)
- Debbie Dee's Walking Workout Video
- Instruction Manual

**Order**

### PowerBelt PowerPaks #TAU4...Contact us for a price

Includes:

- PowerPak Level 3 and 4 (sets of 2)

Temporarily unavailable

### PowerBelt Video #1 #TVP4...\$19.95

Debbie Dee's Low Impact PowerBelt Class - 35 min.

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### PowerBelt Video #2 #XVP4...\$19.95

Tom Anderson's PowerBelt Boxing Class - 35 min.

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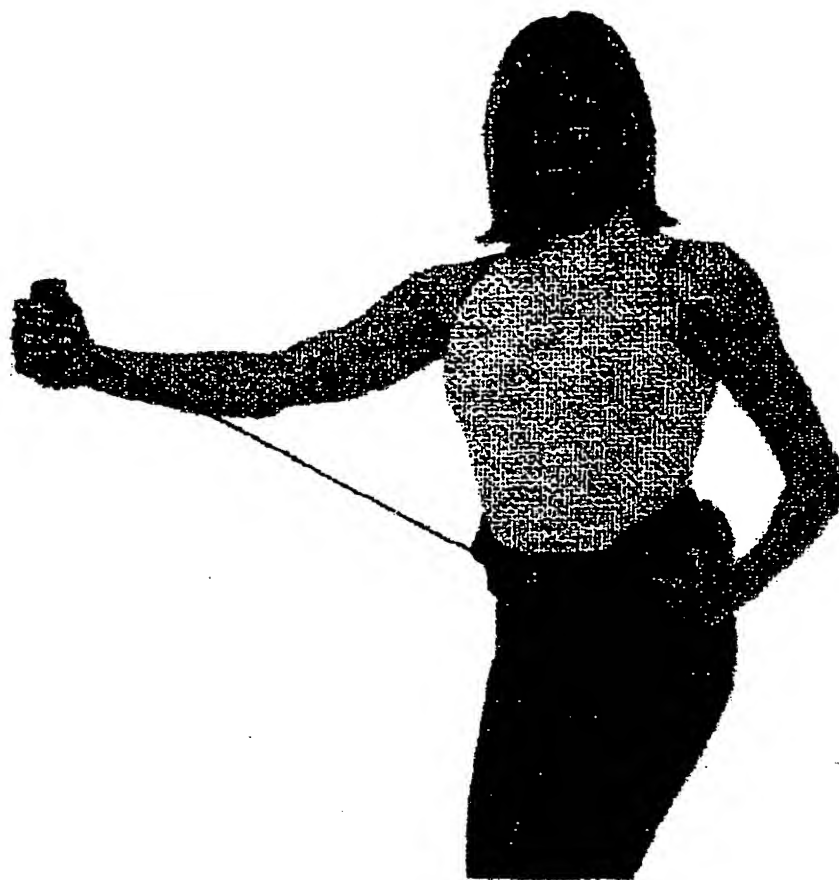
<http://www.bodytrends.com> Email [BodyTrends.com](mailto:BodyTrends.com)

**PowerBelt: Price: \$60.00 Includes the PowerBelt with Level 1, Level 2 & Kathy Smith PowerBelt Walking Video**

**The acclaimed PowerBelt Walking System is the product that defines the total body walking workout. Add it to your regular walk and you'll burn more calories, tone your muscles and lose weight faster. Its breakthrough design is a Walker's Warehouse original. In fact, the inventor is part of The Walker's Warehouse Team and is one of our most passionate walkers. So what can the PowerBelt do for you?**

**Simply strap the fully padded lightweight belt around your waist, grab the soft rubber handles, pump your arms and go. The patented resistance reels will provide smooth, constant resistance over the full range of your arm swing, both forwards and backwards. You'll feel the burn in your biceps, triceps, chest and back muscles and you'll immediately realize you're burning more calories. In fact, an independent University of Wisconsin research study indicates that using the PowerBelt burns 48% to 71% more calories than regular walking. Simply amazing!**

**Already featured on The Today Show and in magazines such as Prevention and Parade, the PowerBelt is recommended by doctors, nutritionists and top fitness experts including walking pro Kathy Smith. Exclusive PowerBelt features include the ability to let go of the handles at any time for interval upper body training and the ability to choose from four resistance levels for maximum workout options. The entire PowerBelt weighs less than 2 pounds, so you'll barely notice it's there. That is until you start using it. Then you'll become one of the tens of thousands of walkers addicted to their PowerBelt workout! (One size fits all)**



The acclaimed PowerBelt Walking System is the product that defines the total body walking workout. Add it to your regular walk and you'll burn more calories, tone your muscles and lose weight faster. So what can the PowerBelt do for you?

Simply strap on the fully padded belt, grab the soft rubber handles and walk. The patented reels provide smooth resistance over the full range of your arm swing. You'll get the calorie burning power of a run without changing your pace. So your walk will help flatten your belly, shrink your waistline and tone your arms. In fact, research shows that using the PowerBelt can burn up to an amazing 71% more calories than regular walking.

Already featured on The Today Show and in magazines such as Prevention and Parade, the PowerBelt is recommended by doctors, nutritionists and top fitness experts including walking pro Kathy Smith. Exclusive PowerBelt features include the ability to let go of the handles at any time for interval upper body training and the ability to choose from four resistance levels for maximum workout options. The entire PowerBelt weighs less than 2 pounds, so you'll barely notice it's there. That is until you start using it. Then you'll become one of the tens of thousands of walkers addicted to their PowerBelt workout!

**UP TO THREE TIMES MORE EFFECTIVE THAN HAND WEIGHTS.\***

- **POWERBELT SUPPORTS YOUR BACK AND ELIMINATES THE STRAIN ON SHOULDERS AND JOINTS CAUSED BY WEIGHTS.**

- **POWERBELT'S HANDLES RETRACT. TAKE A BREAK ANYTIME!**

- **POWERBELT'S RESISTANCE LEVEL IS EASILY ADJUSTABLE. DIFFERENT HANDWEIGHTS MUST BE BOUGHT SEPARATELY IF YOU WANT TO CHANGE INTENSITY.**

- **POWERBELT MAKES YOUR WORKOUTS MORE FUN, MORE EFFECTIVE, AND MORE VERSATILE.**

- **POWERBELT ALLOWS YOU TO OPERATE A TREADMILL SAFELY FOR A TOTAL BODY WORKOUT. IF YOU HAVE HANDWEIGHTS IN YOUR HANDS, IT IS DIFFICULT TO OPERATE YOUR TREADMILL.**

- **POWERBELT IS UP TO 50% MORE EFFECTIVE THAN HANDWEIGHTS**  
\*Univ. of Wisconsin Research. PowerBelt Base System compared to 2 lb. hand weights.

- \* Weighs less than 2 lbs.

- \* Has 5 feet of cord built into each reel

- \* Cycle tested for 15 + years of consistent use

- \* 1-year limited warranty

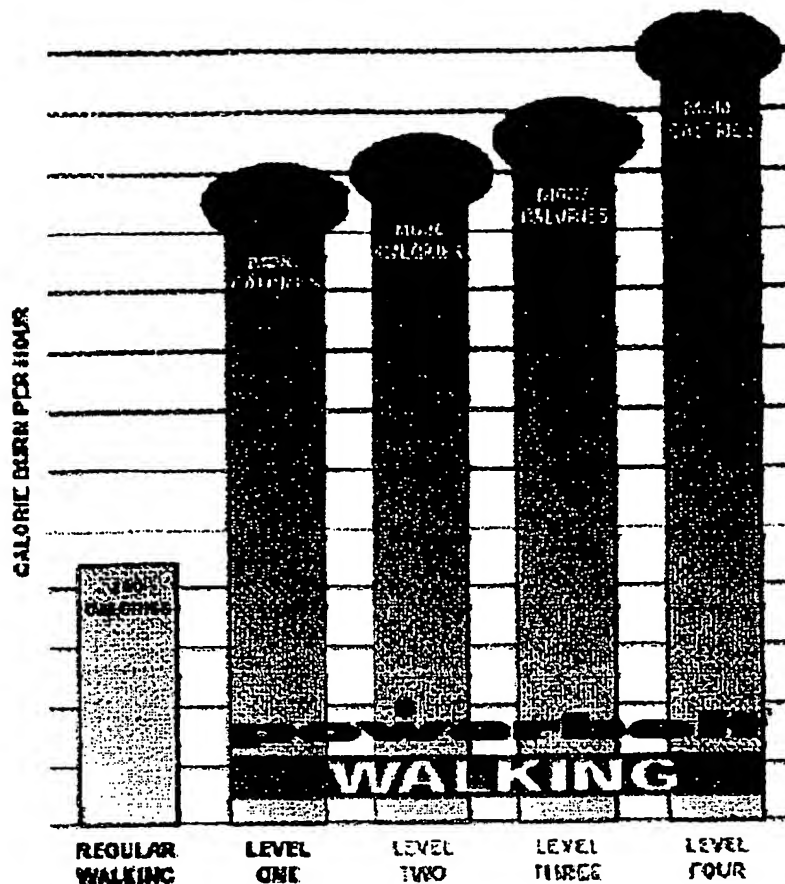
**POWERPAK LEVEL 1 = 2.5 lbs of resistance on each side**

**POWERPAK LEVEL 2 = 3.5 lbs of resistance on each side**

**POWERPAK LEVEL 3 = 4.5 lbs of resistance on each side**

**POWERPAK LEVEL 4 = 5.5 lbs of resistance on each side**

**NOTE: The resistance above is 25-50% more difficult than the equivalent pounds in a handweight. I.E. A 2.5 lb Level 1 PowerPak is more effective than a 2.5 lb handweight.**



The portable fitness machine you wear around your waist. Just grip the lightweight handles and go. It increases the rate at which your entire body burns calories by 48%, while effectively isolating the upper body's major muscle groups. For anyone who doesn't have time to do both a cardiovascular workout and strength training, there's no more excuses. PowerBelt is a new exercise device that latches onto your waist like a belt. Grab the two handles at your sides and pull the cords. Spring-action disks offer resistance along the way. It adds control to the upper body while doing aerobics, and it adds flexibility. While aerobics work the lower body, PowerBelt strengthens the shoulders and back. The pulley system offers resistance throughout the range of motion. This keeps you more aware of your body as you feel the pulling. Automatically, you keep your body lifted to use your arms effectively. By making you more aware of your body, you maintain good posture and form. The pulleys retract so you can stop using it without taking it off. You can use the PowerBelt for all exercises that primarily use the lower muscle groups - walking, running, climbing, aerobics, even the new crosstrainers! You can even choose not to use it if you get tired. University of Wisconsin research showed that walking with the PowerBelt Exercise System at the easiest resistance can burn 48% more calories than regular walking. That's like increasing the effectiveness of your workout by nearly 50%! PowerBelt PowerPaks increase the resistance for more advanced users, or for anyone with above average upper body strength. Videos 1 & 2 are also more advanced workouts, and the PowerBelt Bag will keep it all together while you're travelling. If you want to work your upper body, the PowerBelt is the answer!. Includes video. Fits waist sizes up to 48"

## BODY CARE



### A soft, natural, organic cotton bra you'll want to wear all the time!

Named for its designer — an expert on women's comfort needs — "Jane's Bra" features a wide, non-elastic cotton band that stays attractively in place...without binding, without riding up. Cross-cup design provides relaxed support and is modest enough to be worn as a casual top. Soft, undyed, organic cotton is blended with 10% Lycra<sup>®</sup> for a smooth fit. Specify size S, M, L, or XL. "Jane's Bra" by Blue Canoe<sup>™</sup> A5513 \$33 (1/2#)

*Jane's Bra*  
\$250 SUCCESS STORY

"After many years of trying to wear about every brand of bra with still no relief (and spending lots of money), I had truly just given up! When I slipped on the Jane's Bra, it was so soft and comfortable. I could hardly believe it could be so gentle, yet so firm and cuddly. There's absolutely no binding on the chest and shoulders." — Gloria W., Eugene, OR

### Improve muscle tone, endurance, coordination, and balance.

Based on the increasingly popular body-strengthening concepts of Joseph Pilates, the Flex Ring Toner<sup>™</sup> is a versatile exercise aid you can use anywhere. The soft rubber ring increases resistance for faster, more targeted toning. Improves muscle strength throughout the body — especially in problem areas that are hard to firm up — inner thighs, outer thighs, upper arms, chest...even the pelvic floor muscles! Comes with a comprehensive, easy-to-follow instructional video featuring more than 50 exercises, plus a quick 20-minute program of 10 resistance exercises. Measures 15" across. Flex Ring Toner<sup>™</sup> A5993 \$90 (3#)



Tone abs, thighs, buttocks...even pelvic floor muscles!



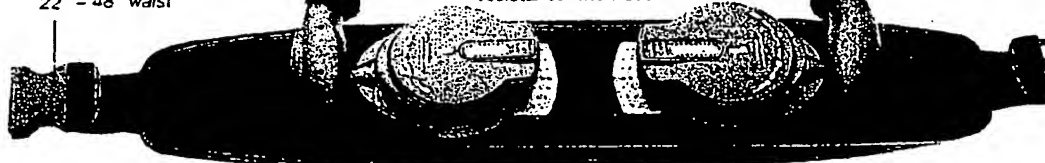
Tighten upper arms, too!

Tone, smooth, and strengthen your inner thighs.



Adjustable belt fits 22" - 48" waist

Easy to attach PowerPaks increase resistance when desired.



Durable shell with stainless steel hardware assures quality, lasting performance.

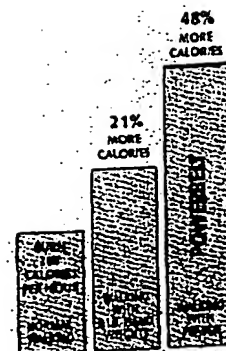
Resistance packs can be positioned to accommodate any exercise.

### NEW! Burn 48% more calories while you walk!

Turn your daily walk, treadmill, or aerobics program into a complete, total body workout. With the patented PowerBelt<sup>™</sup>, you'll burn more calories, improve your cardiovascular health, and tone your upper body. The first ever self-contained resistance system, it straps conveniently onto your waist like a belt. Hold the two soft, padded handles, and pull. Resistance cords challenge your upper body muscles with every stride, then retract inside the housing. Easier to use than hand weights — you can let go at any time to adjust the treadmill, hold the rails, or simply take a break. Studies show that using PowerBelt's easiest resistance burns 48% more calories than regular walking. For greater resistance, just clip on a second PowerPak (included). Fits waists

Patented reel provides smooth, consistent resistance through a full range of motion.

22" - 48", comes with a 30-minute instructional video. PowerBelt<sup>™</sup> Exercise System A6355 \$50 (4#)



University of Wisconsin Research

Monday, December 31, 2001

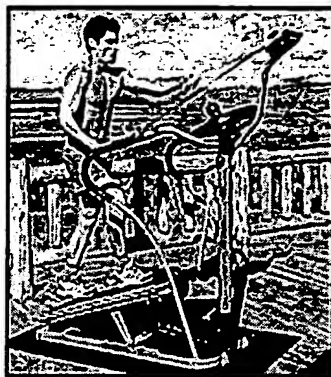


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A brand new era in total body fitness begins today! The Sky Trec system is the revolutionary all ages all terrain total body experience that will ignite your metabolism, work your body from head to toe, and help melt away unwanted inches and pounds fast!

Sky Trec's not just a treadmill, it's better. It's an all-terrain trekker. Sky Trec combines walking, hiking and all-terrain trekking with an awesome high intensity upper and lower body workout. You can sculpt, tone, push your endurance and burn tons of calories all at the same time.

Sky Trec is the ultimate total body machine. Sky Trec's optional upper body station works your biceps, triceps, shoulders, back, chest, while you strengthen your heart and lungs, and tighten and trim your calves, thighs, hips and buns.

With Sky Trec you just plug it in and go! The fitness tread is self-powered so you set the pace. And its electric magnetic resistance system offers 8 levels of silent and smooth resistance.

Sky Trec burns 11% more calories than steppers. 17% more than bikes. 82% more calories than walking. With significantly less impact than running. Here's why. Running and walking at the same speed burns almost the same number of calories. But add Sky Trec's incline and your calorie burning power blasts through the roof...with just a fraction of the impact. Sky Trec's electric motorized auto-climb takes you from zero to 20 percent of heart pumping,

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ECLIPSE 6000

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muscle forging incline.

Built with a rugged tubular steel frame and flared handrails, Sky Trec is strong and stable, even at maximum incline.

The compact space saver deck is comfortably wide and has broad side rails with non-slip pads for easy access...while the Trail Tough suspension reduces stress on knees and joints.

Sky Trec's on-board computer tracks distance, time and approximate calories burned and comes complete with magazine rack, water bottle and holder. A heart rate monitor like the Sky Trec's can cost over \$200. But just place your hands on these pulse tracking sensors and let Sky Trec's heart rate monitor help maximize your results because it's included.

Get Rosalie Brown's Body Blast Video, plus the Sky Trec Adventure Video to pump up your excitement with awe-inspiring scenery, music and action.

You'll also receive Sky Trec's 4 week Body Blast Weight Loss System and interactive CD-ROM, to ignite your metabolism and melt those inches away fast.

Start losing the weight strengthening your heart and lungs and getting rid of those extra inches. In just 4 weeks - Guaranteed or your money back.

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## NordicTrack Classic Pro

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▷ **NTXC8018**

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### Set out on a cross-country adventure.

Whatever your adventure calls for, you'll be ready. That's because no other machine offers the calorie-burning, total-body workout of the original **Classic Pro Skier** from NordicTrack. You'll tone muscles, burn calories and improve cardiovascular fitness. Smooth, low-impact strides work lower-body muscles while the unique arm motion shapes the upper body. Get ready for adventure.

#### Product Details:

##### Patented Flywheel:

The secret of the smooth, natural motion is the patented flywheel. It adjusts for seven challenging resistance levels.

##### Adjustable Elevation:

This unique feature allows you a wide variety of intensity options.

##### Resistance:

Adjustable, independent resistance controls for the arms and legs let you vary the intensity of upper- and lower-body workouts.

##### The NordicTrack Warranty:

The NordicTrack skier warranty covers parts and labor charges for one year. For further coverage, extended warranties are also available.

#### Console Details:

##### LED Feedback Windows:

The five-windows display keeps tabs on time, distance, calories burned and pulse.

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